



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Portabella Mushroom Pizza*

Recipe Summary:

Preparation/Cook Time: 60 minutes

Number of Servings: 2

Cups of Fruits and Vegetables Per Person: not given

Ingredients:

Chopped vegetables

Suggestion: onion, broccoli, carrots, spinach, sun dried tomatoes, artichoke hearts

Optional: chopped chicken, beef or sausage

4 portabella mushrooms

Pasta sauce

Parmesan cheese

Mozzarella cheese

Olive oil

Salt, pepper and garlic powder (to taste)

Directions:

Break off the stems from the mushroom caps and wash the caps thoroughly. Place 4 large mushrooms into a baking dish. Pour 2 tablespoons of olive oil over the mushrooms. Bake for 30 minutes. Chop up your choice of vegetables.

Pour the water off the mushrooms after they are baked. Top with the pasta sauce and desired toppings. Sprinkle with parmesan and mozzarella cheese. Bake for an additional 10-15 minutes until cheese is melted.

* Original recipe

Nutritionist Notes:

- Depending on amounts of parmesan cheese, mozzarella cheese, and olive oil used, this recipe may be high in fat.
- May want to limit parmesan cheese to 1Tbsp, use part-skim mozzarella cheese and limit to ¼ to ½ cup, and limit olive oil to 1Tbsp.
- Depending on how much pasta sauce and salt is used, this recipe may be high in sodium.
- May want to limit pasta sauce to 1-2 Tbsp per mushroom and use pepper and garlic powder to taste vs. salt.